

NEWS

FEBRUARY – 2003 A CWN PUBLICATION

Networking Enhances Women's Success

*2002/2003
CWN Board of
Directors*

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SPECIAL ANNOUNCEMENT:

The Winter 2003 CWN scholarship certificates will be presented to the scholarship winners at the February luncheon.

**January Meeting
SUCCESSFUL WOMEN HAVE A
DREAM
Presented by: Ingrid Dahlgren**

Born and raised in Sweden, I was a teenager when I emigrated with my parents to the U. S. Promotion of health and healing has been in my family since the early 1930's. "Frösö Gästhem" a health resort in central Sweden was pioneered by my grandmother, Anna Edgren Johansson.

Currently I am Professor of Physical Education at San Bernardino Valley College in San Bernardino, CA.

EDUCATION:

- M.A. Exercise and Fitness, Goddard College
- M.S. Psychology/Counseling, San Diego State University
- B.A. Speech Pathology, Loma Linda University
- Studied Yoga and Meditation in India, Sweden, and at a variety of places in Southern California
- Sport Psychology, University of Humanistic Studies, San Diego

ACCOMPLISHMENTS AND OTHER WORK:

- A 30 min. yoga video of the sun and moon salutation
- Produced a motivational video

- Holds the world record for swimming the "Öresund Channel", in the Baltic Sea between Denmark and Sweden at age 50.
- Implemented several new courses in the Health and Physical Education Department: Holistic Health, Stress Management and Wellness, Mt. Biking and Skiing.
- Produced cassette tapes "Here's to your Health"
- Honors Program Director, San Bernardino Valley College
- Assistant Athletic Director, San Bernardino Valley College
- Managing Director for "Skebo Herrgård", a health resort near Stockholm, Sweden.
- Facilitator for Stress Management workshops for Finnair, Sweden.
- Produced a series of videos on health and wellness called "Everybody Can", shown on local television.
- Have written several workbooks
- Swim Coach, SBVC

OTHER INTERESTS:

- Holding stress management retreats
- Ocean Swimming
- Competing in Triathlons
- Companion Planting-Gardening
- Recycling
- Traveling and spending time with my adult kids!

San Bernardino County Women's Network
February 2003 Meeting

Men and Women: Can We Talk?

Presented by Mimi Donaldson

*(Heralded as one of the most popular and
entertaining female public speakers in the U.S.)*

Wednesday, February 19, 2003

11:30 am to 1:00 pm

The Meadows Banquet and Conference Center

225 North Del Rosa Drive

**(Located at the old Norton AFB on the southeast
corner of Third Street and North Del Rosa Drive)**

San Bernardino

Men and women have different styles of communicating and different requirements for communication. Comments such as "let's discuss the issue" or "just give the headline" may be interpreted differently. Practice enjoying each unique style while learning to flex yours to suit the listener.

RSVPs

Attendance: Please **RSVP by Thursday, February 13, 2003**, in order to guarantee enough seating and refreshments everyone. To register for this meeting, please use the below link to our new electronic registration site:

http://countyline/countywomensnetwork/_registration/default.asp

For those of you without County Intranet access, you may RSVP by e-mail to darmstead@ecd.sbcounty.gov. For those without e-mail, call (909) 388-0831.

Lunch: You may bring your own lunch or reserve a lunch (choice of **Chicken Salad Sandwich/Option A** or **Vege Taco Salad/Option B**, including chips, fruit cup, and nutrigrain bar) by sending a check for \$5.50 made payable to CWN to Dolores Armstead, Economic and Community Development, 290 North "D" Street, Sixth Floor, San Bernardino, CA 92415-0040 (Interoffice Mail: ECD #0040).

Your lunch reservation, with the lunch selection and the accompanying payment, must be received **no later than Thursday, February 13, 2003**. Please note that your RSVP is not confirmed until your payment is received.

Guests are Welcome!

(with \$5 attendance fee)

**SAN BERNARDINO COUNTY WOMEN'S NETWORK
WOMAN OF THE YEAR**



Nominations are being accepted at this time for the *CWN WOMAN OF THE YEAR for 2002/2003*. All County Women's Network members are eligible for nomination for this award. The intent of the recognition is to single out a member who, through their performance, standards of professionalism and influence has contributed to the advancement of women. Recognizing that there are many members who deserve to be honored, we ask that you keep in mind that the objectives of CWN are to:

- Foster personal as well as professional growth, development, and promotion of women.
- Share knowledge and expertise by creating a mentoring and sponsoring environment.
- Increase visibility of women in the work force, promote awareness and equality in the workplace and recognize accomplishments of members.
- Provide opportunities to meet and exchange ideas and information, and to expand members' knowledge of governmental procedures and functions.

CWN will recognize women for their contributions to the organization, the community, the county, themselves and others. Women who take it upon themselves to enrich and enhance their own lives and lives of those around them.

Name of Nominee: _____ Work Phone: _____

Department: _____

Position: _____

In what capacity do you know the member?

Reasons for recommending this member for award:

Specific examples of how this member has demonstrated their commitment to CWN's objectives (i.e. community involvement, personal achievements, professional growth, volunteer programs, professional memberships, commitment to education, informal or formal mentoring, etc.):

Additional information you would like considered (if more space is needed, please use the back of this form):

Name of Person Making Nomination: _____

Department _____ Phone _____

Return nominations to Kelly A. Rozich – Public Works Rm.127 – Mail Code 0835

If you have any questions, phone: (909) 387-8114

DEADLINE TO SUBMIT NOMINATION FORM – APRIL 15, 2003

Five Principles of Public Service Ethics:

Public Interest - Public office is a trust to be used only to advance public interests, not personal gain.

Objective Judgment - Decisions are to be made on the merits, free of partiality or prejudice and unimpeded by conflicts of interest.

Accountability - Government is to be conducted openly, efficiently, equitable and honorably so the public can make informed judgments and hold public officials accountable.

Democracy - Honor and respect democratic principles; observe the letter and spirit of laws.

Respectability - Safeguard public confidence in the integrity of government by avoiding appearances of impropriety and conduct unbecoming a public official.

N.I.C.E.

Nurture Newness - Be open to new ideas, thoughts and concepts relative to the way we do things. Embrace the notion that we all can be better and that we all can do better.

Invest in Integrity - Remain responsible to personal and professional integrity. Invest in activities that support and develop integrity such as ongoing education/training and personal/professional development.

Commit to Community - Engage in activities that will facilitate increased commitment to the larger community such as volunteer work in professional and/or charitable organizations.

Excel in Excellence - We determine our own attitude. Embrace the attitude of excellence in our workplace, families and community.

----Michael Josephson of the Josephson Institute for Ethics

"As our journey through life continues, we can each strive to remain "nice" today, tomorrow and throughout our lifetime."

Stolen Wallet Pointers

A corporate attorney sent the following out to the employees in his company.

The next time you order checks have only your initials (instead of first name) and last name put on them. If someone takes your checkbook they will not know if you sign your checks with just your initials or your first name but your bank will know how you sign your checks.

Put your work phone # on your checks instead of your home phone. If you have a P.O. box use that instead of your home address. If you do not have a P.O. box, use your work address. Never have your SS# printed on your checks--you can add it if it is necessary; but if you have it printed, anyone can get it.

Place the contents of your wallet on a photocopy machine, do both sides of each license, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to call and cancel. Keep the photocopy in a safe place. I also carry a photocopy of my passport when I travel either here or abroad.

We've all heard horror stories about fraud that's committed on us in stealing a name, address, Social Security number, credit cards, etc.

Unfortunately, I, an attorney, have firsthand knowledge because my wallet was stolen last month. Within a week, the thief or thieves ordered an expensive monthly cell phone package, applied for a VISA credit card, had a credit line approved to buy a Gateway computer, received a PIN number from DMV to change my driving record information online, and more.

But here's some critical information to limit the damage in case this happens to you or someone you know:

We have been told we should cancel our credit cards immediately. But the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them easily.

File a police report immediately in the jurisdiction where it was stolen. This proves to credit providers you were diligent and is a first step toward an investigation (if there ever is one).

But here's what is perhaps most important (I never even thought to do this):

Call the three national credit-reporting organizations immediately to place a fraud alert on your name and Social Security number. I had never heard of doing that until advised by a bank that called to tell me an application for credit was made over the Internet in my name. The alert means any company that checks your credit knows your information was stolen and they have to contact you by phone to authorize new credit.

By the time I was advised to do this, almost two weeks after the theft, all the damage had been done. There are records of all the credit checks initiated by the thieves' purchases, none of which I knew about before placing the alert. Since then, no additional damage has been done; and the thieves threw my wallet away this weekend (someone turned it in). It seems to have stopped them in their tracks.

The numbers are:

Equifax: 1-800-525-6285

Explain (formerly TRW): 1-888-397-3742

Trans Union: 1-800-680-7289

Social Security Administration (fraud line): 1-800-269-0271



entertainment.

The Premier Source for Discounts and Promotions



San Bernardino County Women's Network

Entertainment Book Sale Fund Raiser

The County Women's Network is now selling Entertainment Books for the Inland Empire (San Bernardino/Riverside to Temecula, including Mountains and Palm Springs areas); and San Gabriel Valley (Glendale, Pasadena, Claremont, Ontario, and surrounding areas) at \$20 each.

They're great for the expanding family and make great gifts, too!

The Entertainment Books are jam-packed with coupons good at restaurants (fast food and semiformal), attractions (like Legoland, Raging Waters, Pharaoh's, and San Diego Zoo), grocery stores, car washes, movie theatres, Hollywood Video, coffeehouses, dry cleaners, fresh cut flowers, golf courses, snow skiing, car rentals, traffic school, cruises, and much, much more!

The following are examples of some of the great local offers in the Inland Empire Book.

<u>Fine Dining</u> Brissago Ristorante at the Miramonte Resort Isabella's Ristorante Italiano Calabria, An Italian Eatery Aloha J's Chan's Oriental Cuisine	<u>Casual Dining</u> Bananaz Grill & Bar Presto's Gourmet Express Split Rock Grille Riverside Brewing Company International House of Pancakes	<u>Fast Food</u> Burger King Dairy Queen Domino's Pizza El Pollo Loco Farmer Boys
<u>Shops/Services</u> Ralph's Longs Drugs Fantasy Flowers & Gifts Alessandro 100% Hand Car Wash M & M Cleaners	<u>Sports/Attractions</u> Alpine Slide at Magic Mountain AMF Bowling Centers Bear Mountain Ski Resort Calimesa Country Club Catalina Express	

Most coupons expire November 1, 2003.

To purchase an Entertainment Book,
you may contact any of the following CWN Board members:

Dena Smith, PERC, (909) 388-4250
Linda Urquizu, CAO's Office, (909) 387-4731
Lynda Matejka, DCS/ARD, (909) 383-9701
Zelda Verrett, Assessor, (909) 387-9122
Carolyn Tillman, Superintendent of Schools, (909) 386-2906
Maria Musgrave, DCS-VV, (760) 243-6791
Hazel Lambert, DCS/SS, (909) 891-3635
Kim Hays, Surveyor's Office, (909) 387-8161

Your American Cancer Society's

Daffodil Days



The American Cancer Society is sponsoring Daffodil Days in the Inland Empire Area. Each Spring the American Cancer Society offers a variety of daffodil bouquets for contributions to their fight against cancer.

Orders are taken from 1/1/03-2/28/03. You can either donate via a representative at your worksite, or you can contact the Riverside Chapter of the American Cancer Society's Representative Barbara Meekings at (909) 683-6415. Or, you can view information on their website at http://www.cancer.org/asp/coe/coe_global.asp.

Donation Levels and bouquets available include:

Bouquet of 10 daffodils-\$10

Bouquet and vase-\$18

Vision Bouquet of 20 daffodils in an artistic vase-\$35

Spring Arrangement-\$60

Corporate Arrangement-\$110

Gift of Hope suggested at \$10 (but you may give what you wish).

Orders will be delivered locally for representatives to pick up and deliver, or donors can pick up their bouquets from local sites listed on the web.

ACS Upcoming Events

May 31 2003 9:00 AM, Relay For Life of San Bernardino, Registration deadline: 5/15/2003 9:00AM, Registration contact: Cathy Yousef, (909) 949-6115, email: Cathy.Yousef@cancer.org

April 26 2003 9:00AM, Relay For Life of Redlands, 3100 E. Colton Ave., Redlands, CA, Registration contact: Cathy Yousef, (909) 949-6115, email: Cathy.Yousef@cancer.org

April 26 2003 9:00AM, Relay For Life of Riverside, 6585 Crest Ave, Riverside, CA, Registration contact: Jenniemarie Ramirez, (909) 949-6115, Email: jenniemarie.ramirez@cancer.org



UPCOMING TOPICS - SAVE THESE DATES!!!

☺ February 2003 - Men and Women: Can We Talk

☺ March 2003 - Women's History Month

☺ April 2003 - Getting Clear for Confident Communication

☺ May 2003 - Annual Training Day

TRAINING - 02/2002 - 05/2003

Business Writing & Grammar Skills Made Easy and Fun

04-29-03 - Anaheim & Pasadena

05-01-03 - Ontario

05-19-03 - San Bernardino

Conflict Management Skills for Women

05-15-03 - Ontario

05-16-03 - Pasadena

The Conference for Women

05-14-03 - San Bernardino

Managing Multiple Projects, Objectives, & Deadlines

03-06-03 - Ontario

SkillPath Seminars

www.skillpath.com

1-800-873-7545

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Fred Pryor Seminars --1-800-556-2998

www.pryor.com

"We make a living by what we get, but we make a life by what we give."

---Winston Churchill

San Bernardino Valley College

www.valleycollege.edu

909-384-4400

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University of CA @ Riverside Extension & Summer Sessions

Professional and Continuing Studies

www.ucextension.net

(909) 787-4111 - information

(909) 787-4105 - for a copy of their catalog

Websites that provide information on preparing POWERPOINT presentations:

www.fgcu.edu/support/office2000/ppt

www.ga.k12.pa.us/curtech/powerwk.htm

www.bitbetter.com/powertips.htm

Dale Carnegie Training

Sales, Leadership and Work Skills

1-800-628-DALE (3253)

Hospitality Toastmasters

222 W. Hospitality Lane

Contact: Vonnie Yates, 909.386.9012



Lynda L. Matejka, Publisher
c/o HSS-DCS-ARD
825 E. Hospitality Ln. 2nd floor
San Bernardino, CA 92415

IOM: DCS-ARD—0079

"Coming together is a beginning, staying together is progress and working together is success"

Henry Ford

GETTING THE *NEWS* OUT TO OUR MEMBERSHIP.

Hire people as skilled or with more skills than you. Tell them what you expect and get out of their way. Then watch your department move forward.

CWN MEMBER MAILING LIST

Please notify Zelda Verrett, VP-Membership, if your job position, address, and/or phone number has changed.

A current mailing list will ensure you don't miss any issues of CWN News or information regarding the monthly meetings.

PROMOTIONS: Jennifer Celise-Reyes promoted to Conference & Event Planner for Children's Network; Elaine Sterling was promoted to Court District Manager of Barstow & Needles Courts 12/2/02
CONGRATULATIONS TO EVERYONE WHO RECEIVED PROMOTIONS!

QUESTIONS?

You may send questions, inquiries, and/or suggestions to CWN at our e-mail address.

sb_cwn@yahoo.com

CWN is looking forward to hearing from **YOU!**

REQUEST FOR COMMITTEE VOLUNTEERS

Please let us know if you are interested in serving on any of the following committees: Training, Scholarships, Programs, Special Projects, Bylaws, Finance, Membership, Newsletter, and/or Door Prizes.

Thank you in advance for your assistance!

JOB OPPORTUNITIES

Following are websites for employment opportunities with the County, County Schools and Courts:

County: www.sbcounty.gov

County employees who do not have Internet access at work can find the current list of job openings from the Outlook folder list. To access this information, select:

- Public Folders
- All Public Folders
- County-Wide Information
- Employee Related Topics
- Job Announcements

Schools:

[www.sbcsd.k12.ca.us/
humanresources](http://www.sbcsd.k12.ca.us/humanresources)

Superior Court:

www.sbcounty.gov/courts